

# IRON FACTS

- You need IRON in your diet to help build healthy red blood cells.
- If you don't have enough iron in your blood, you may
  - have pale or dry skin
  - feel weak or tired
  - have shortness of breath
  - feel loss of appetite
- Infants, preschoolers, teenagers, pregnant women need more iron than others due to their increased growth or blood loss.
- Iron is found in many foods, but in small amounts. Therefore, it is hard for some people to get enough iron from foods to prevent iron deficiency anemia or "tired blood". The following tips may help:

How to prevent Iron Deficiency Anemia:

- Eat a wide variety of foods everyday, including milk products, meat, and alternates, vegetables and fruit and whole grains.
- Include iron rich foods in your diet everyday.
- Eat vitamin C-rich foods with meals. This will improve your body's uptake of iron.
- Try meat, fish, or poultry to get more iron from other foods eaten in the same meal.
- Cook foods in cast iron cookware to add iron to your diet.

Food Sources of Iron\_\_\_\_\_

	<u>Meat/Alternates</u>	<u>Vegetable/Fruit</u>	<u>Grain</u>
<u>Good Sources:</u>	liver Liverwurst Organ meats		iron fortified cereals WIC sources
<u>Fair Sources:</u>	dried beans & peas Beef Chicken Eggs Nutritional yeast Nuts Turkey Sardines Seeds Shrimp	apricots, dried broccoli greens dried peaches prune juice prunes raisins spinach squash, winter tomato juice Watermelon	bread, whole grain cereal, whole grain or or enriched oatmeal rice tortillas, corn or flour wheat germ

**Remember:** Your body's uptake of iron from food is improved when you also eat foods containing **vitamin C** or animal products. Also, using cast iron cookware will increase the amount of iron in your food.

## Food Sources of Vitamin C

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### Good Sources:

asparagus	cauliflower	potato
Bell pepper	grapefruit	(baked or broiled)
Broccoli	grapefruit juice	strawberries
Brussel sprouts	green chili (sauce)	spinach
Cabbage	orange	tomato
Cantaloupe	orange juice	tomato juice
	Salsa	turnip

So...choose combinations of foods with the most useable iron, like:

- Iron fortified (WIC) cereal and orange juice
- Bean and beef taco, topped with tomato and salsa
- Chicken enchilada with green chile, steamed broccoli, whole-wheat tortilla, and watermelon for dessert.